

Missouri Consensus

# Diabetes

Management Guideline for Adults\*  
At-a-Glance

## Diabetes Treatment Goals

### A1C

As close to normal as possible < 6%  
without significant hypoglycemia

- American Diabetes Association <7%
- American Assoc of Clinical Endocrinologists ≤6.5%

### Blood Pressure

<130/80 mmHg

### Lipid Profile

Triglycerides.. <150 mg/dL

HDL.... Men >40 mg/dL Women >50 mg/dL

LDL ..... <100 mg/dL

## Diabetes Management Guidelines

**Focused Visit:** (every 3-6 months or more  
based on control and complications)

- ✓ Measure weight and blood pressure.
- ✓ Review self-monitoring glucose logs.
- ✓ Review/adjust medication to control glucose, lipids, and blood pressure—include low dose aspirin therapy in all adults ≥30 years of age with diabetes and one or more cardiovascular risk factors.
- ✓ Inspect feet; stress daily self-exam.
- ✓ Evaluate dental symptoms/complaints; conduct visual exam.
- ✓ Assess social barrier adherence, functional limitations, and psychosocial health.
- ✓ Counsel on smoking cessation, alcohol/drug use, and physical activity.
- ✓ Assess contraception/provide family planning.
- ✓ Assess cardiac autonomic neuropathy signs.

• Adult is defined as a non-pregnant individual 18 years of age or older

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## Diabetes Management Guidelines (continued)

### Quarterly:

- ✓ Check A1C based on individual's therapeutic goal.

### Every 6 months:

- ✓ Refer for dental exam.
- ✓ Provide and/or refer for medical nutrition therapy (MNT). Can be done annually as appropriate for individual.

### Annually:

- ✓ Perform or refer for comprehensive foot exam.
- ✓ Refer for dilated retinal exam.
- ✓ Provide or refer for diabetes self-management training (DSMT).
- ✓ Assess tobacco use in non-tobacco user.
- ✓ Inquire about alcohol/drug use.
- ✓ Measure albumin/creatinine ratio.
- ✓ Check serum creatinine for estimated glomerular filtration rate (eGFR).
- ✓ Check lipid profile.
- ✓ Screen for distal symmetric polyneuropathy (DPN).
- ✓ Administer influenza vaccine.

### Lifetime:

- ✓ Administer pneumococcal vaccine. One-time revaccination recommended for individuals >65 who were previously immunized when they were <65 and vaccine administered more than 5 years ago.

**Persons with diabetes should receive medical care from a physician-coordinated team of health care professionals. Referrals to these team members should be made as appropriate.**

For more specifics regarding diabetes management recommendations, please refer to  
Missouri Consensus Diabetes Management  
Guideline for Adults and supplemental information.  
<http://www.dhss.mo.gov/diabetes/Guidelines.html>



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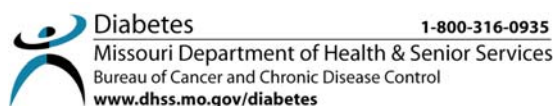
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